

Mugg and Bean Recipes

VEGETARIAN PASTA BAKE AND SALAD.

R25.50

INGREDIENTS:

This product is purchased pre-made from SINCLAIRS in Johannesburg or GASTRO FOODS in Cape Town. See home made recipe in GENERAL RECIPES

- 1 Side salad
- 100 ml white sauce.
- 100 ml Salsa

METHOD

- Place veg bake into 400 ml pie dish.
- Spoon salsa over the bake.
- Top with a white sauce.
- Heat in microwave for +/- 10 min.
- When hot through place under the salamander with cheddar cheese & salsa on top. Bake until color forms.

SERVING METHOD

- Serve on a board.
- Serve with a side salad on the board.
- Garnish with parsley.





Mugg and Bean Recipes

CHICKEN AND MUSHROOM POT PIE

R25.50

Ingredients

This product is purchased pre-made from SINCLAIRS in Johannesburg or GASTRO FOODS in Cape Town.

See recipe for details on in house cooking method.

1 Side salad

Method

- Place chicken pie mix into 400 ml pie dish.
- Cover with puff pastry & brush with egg wash.
- Place in microwave for +/- 10 minutes.

Plating method

- Serve on a board.
- Serve with a side salad.

Garnish with parsley. (See photo for details)



Mugg and Bean Recipes

SANTE FE STEAK SANDWICH

R35.50

Ingredients

1 Nino roll
2x100g Fillet steaks
150g New spicy potato
Tomato
Lettuce
Fried onions
Salsa sauce
Guacamole

Method

- Grill fillet to customer liking
- Toast the nino roll on both sides
- Place lettuce tomato and onion on the base of the nino roll
- Then place the fillet on top of the garnish
- Top the fillet with salsa sauce
- Put top of the nino roll on and put a skewer through the middle with a cocktail tomato.
- Put guacamole in a 100 ml ramekin.
- Place fried onions on top of the herb potatoes.

Garnish

Garnish with a tomato & lemon wedge. Sprinkle with chopped parsley. A whole jalapino



Mugg and Bean Recipes

SOUP AND SANDWICH

24.50

INGREDIENTS FOR SOUP

This product is purchased pre-made

INGREDIENTS FOR LAMB SANDWICH

1	Slice of whole wheat bread	
100g	Sliced roast lamb	
50g	Chopped cucumber- mixed with yogurt and branston	pickle

METHOD

Butter whole wheat bread and garnish with lettuce, tomato and onion. Top with lamb and strips of pickled cucumber.

SERVING METHOD

- The soup must be heated in a pan or microwave.
- Place the soup in the giant soup mug.
- Place the soup mug and sandwich on a board.

Garnish with parsley and a tomato wedge. (See photo for detail)



Mugg and Bean Recipes

CHICKEN AND CORN FLAP JACKS

R24.00

INGREDIENTS

2X Flap jacks
1 Grilled chicken breast
30g Corn (tinned no sauce)
50g Onion marmalade
40 ml Sour cream

METHOD

- Grill chicken breast on flattop lightly spicing it.
- Cook two flapjacks.

PLATTING METHOD

- Put the two flapjacks overlapping each other
- Place the grilled chicken breast onto the flap jacks
- Spoon on some onion marmalade topped with sour cream.

Garnish with chopped spring onions, a wedge of tomato, a lemon wedge and a whole jalapeno chili. (See photo for more details)



Mugg and Bean Recipes

BURGUNDY BEEF PIE

R29.50

Ingredients

The product is purchased pre-made from Sinclair's in Johannesburg and Gastro foods in Cape Town. See home made recipe in GENERAL RECIPES.

- Side salad
- Mash
- Dried onions (flavor dimensions)

Method

- Place 150g of Burgundy beef mix into a 400 ml pie dish.
- Top the beef with mash.
- Heat in oven for +/-10 min
- Sprinkle with dried onions and bake under salamander for color.

Serving & garnish

- Serve on a board with a side salad.
- Garnish with parsley.



Mugg and Bean Recipes

FRENCHIES COLD CUTS AND CHEESE PLATTER

R29.50

INGREDIENTS

50g Roast beef
50g Roast lamb
50g Pastrami
30g Emmantalle cheese
30g Camembert wedge
Dill cucumber
Lettuce, tomato, onion

METHOD

Arrange meat and cheese on a board as per photo. Garnish with a tomato wedge and parsley.



Mugg and Bean Recipes

BEEF AND CHICKEN POCKETS

R25.50

Ingredients

1&1/2	Pita breads
50g	Chicken strips
50g	Beef strips
	Chopped lettuce, tomato and onion
100 ml	Sour cream
150 ml	Salsa
100 ml	Guacamole

Method

- Slice pita in half (3 halves)
- Toast pita
- Fill each half with chopped lettuce, tomato and onion mix
- Grill chicken and beef on flat top (lightly spiced).
- DO NOT OVER COOK THE MEAT
- Fill the pockets with the chicken and beef mix.
- Spoon hot salsa over each pocket (not too much)
- Just before service put a spoon of sour cream on top of each pita.
- Place a ramekin of guacamole on the side.

USE A HOT PLATE!

Garnish with a lemon and tomato wedge and some chopped parsley sprinkled over dish.



Mugg and Bean Recipes

TWO SAUSAGE PICKLE PLATTER

R28.50

Ingredients

- 1 Bock worst
- 1 Veal sausage
- 60g sauerkraut
- 80g Potato salad
- Lettuce, tomato, onion and cucumber pickle.
- 1 American mustard

Method

- Cut sausages into thick slices at a diagonal.
- Grill on the flat top.
- Heat up sauerkraut in microwave.
- Assemble on the plate as per photo.
- Add a dollop of American mustard on the side.

Platting & garnishing



Mugg and Bean Recipes

BEEF AND VEGETABLE KEBAB

27.50

Ingredients

200g	Marinated rump
2	Big black mushrooms (grilled with butter)
2	Baby marrows (sliced into large pieces)
2	Onions chopped into large cubes
	Portion of grilled potatoes
100 ml	Salsa

Method

- Thread the meat, onion and baby marrow onto the skewers.
- Four pieces of meat per skewer. 25g
- Grill to customers liking.
- Grill the black mushrooms (using butter and spices)
- Grill herb potatoes.
- Spoon salsa on the plat first.

USE A HOT PLATE!

Garnish with chopped spring onion and green peppers.



Mugg and Bean

Recipes

PHILADELPHIA BEEF DUNKER

R33.00

Ingredients

1 Nino roll
130g Roast beef
80g Herb potatoes
150 ml Gravy (powder from flavor dimensions)
Cocktail tomatoes, lettuce,
1tbl Piccalilli
American Mustard
Dill cucumbers

Method

- Slice nino roll and butter.
- Spread roll with the American mustard and piccalilli
- Place roast beef on the roll & top with lettuce & onions.
- Slice into 4
- Pour gravy into a glass ramekin. (75mm stacking bowl)

Garnish with Cocktail tomatoes and dill cucumbers as per photo.
Plate on large plate.



